

COLCHESTER SENIOR CENTER

October 2021



ULTIMATE BINGO
Wednesday, October 6
4:30 p.m.

We will be open late on this Wednesday for a special game of big money Bingo! Come enjoy a fun night out with friends and a chance to win cash prizes. Admission is \$10.00 person which will get you 2 cards. Refreshments will be served. Please pre-register in person with payment by October 4th.

**HARVEST DELIGHT
DESSERT BUFFET**
Friday, October 8
1:00 p.m.

Let's celebrate the harvest season by sharing some delicious desserts! This special fall themed dessert buffet will feature homemade items from some of your CSC friends. If you would like to donate a dessert to this event, please contact Ruth. If you bring a dessert to share, admission is free. Otherwise, tickets are \$3 each. Please pre-register by October 6th.

**MEET THE CANDIDATES
FORUM VIA ZOOM**
Tuesday, October 12
1:30 p.m.

Learn about the platforms and positions of local Colchester politicians running in the upcoming election. Candidates will be running for positions in the Board of Selectman, Board of Finance, Board of Education, and for the First Selectmen. AARP will be hosting and moderating this Zoom event. You can find the link in the October Zoom Link's Table. We will be streaming the event live at the Senior Center for those who do not have computer access. Please pre-register if you would like to come in, space is limited.

**CUPCAKE DECORATING
WORKSHOP**
Monday, October 18
1:00 p.m.

Come learn some cake decorating techniques with our very own confectionary artist and member Mary Lou Martin. Mary Lou will be teaching us the fundamentals of decorating in this beginner level class. Cupcakes will be used to practice and each participant will go home with their creations. There will be a \$5 materials fee for this class. Please register by October 12th.

**SPECIAL PRESENTATIONS
FOR C.H.A. RESIDENTS**
Mondays, October 18 & 25
1:30 p.m.

We will be holding special sessions for the residents of Dublin and Ponemah Villages to talk about the proposed new senior center. Meet with members of the Senior Center Building Committee and learn about this important project. We will be offering senior bus transportation to Dublin Village on October 18th and Ponemah Village on October 25th. Please register if you need a ride, by calling 860-537-3911.

**OKTOBERFEST SPECIAL
EVENT LUNCHEON**
Wednesday, October 20
11:00 a.m.

Break out your lederhosen for our annual Oktoberfest celebration! Former State Troubadour, Tom Callinan, will be joining us for a special German-themed performance. The show will be followed by a hearty lunch of Bratwurst with Sauerkraut, German Potato Salad, Braised Red Cabbage, Dinner Roll with Butter, and Warm Pumpkin Donuts for dessert. Tickets are \$8 each. Please register by October 13th. Prost!

LEAF PEEPING TRIP
Thursday, October 28
10:00 a.m.

Take a scenic drive on our bus to view the spectacular foliage this season. Our destination is B.F. Clyde's Cider Mill in Mystic. Serving up apple cider donuts and fresh pressed cider, this destination is the oldest steam-powered cider mill in the US. Take in a piece of history as well as a sweet treat from their store. The bus will depart at 10:00 a.m. Ticket cost is \$10.00 and includes transportation and refreshments. Space is limited.

**HALLOWEEN PIZZA PARTY
& COSTUME CONTEST**
Friday, October 29
11:00 a.m.

Spooky season is upon us, which means it's time for costumes, games, and fun at your favorite senior center! Prizes will be given for funniest, spookiest, and best overall costumes. The festivities will be followed by a lunch of pizza, garden salad, a soft drink, and a scary delicious dessert. Tickets are \$7.00 each. Please register by October 22nd.

**ALZHEIMER'S ASSOCIATION
CAREGIVERS ZOOM SERIES**
Mondays,
November 1, 8, & 15
6:00 p.m.

November is National Family Caregivers Month, and the Colchester Commission on Aging would like to invite you to a 3-part series entitled "Living with Alzheimer's: for Caregivers: Early Stages" Kristopher Sortwell, the Eastern Region Director of Education and Outreach with the Alzheimer's Association CT Chapter will be our guest speaker throughout the series. Please call for the Zoom links for these presentations at 860-537-3911.

**COLCHESTER SENIOR
CENTER**
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-4:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
pwatts@colchesterct.gov

Ruth Reinwald
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
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csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nan Wasniewski, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Sandra Gaetano
Rosanne Tousignant
Quinn Kozak, Alternate
Nola Weston, Alternate

From the Director's Desk

October is the essence of autumn to me! Crispy leaves underfoot, painted trees, corn stalks waving to passers-by, potted mums in a rainbow of colors. I just love this time of year, when we can be especially proud to live amongst the loveliness of our New England landscape. It's the perfect time to curl up under a blanket with a hot cup of tea, or even better—warm, mulled cider. I hope you will all enjoy the season before we get ready to hibernate—winter will be here before you know it! New England winters aren't nearly as nice, and I've heard that the Farmer's Almanac is predicting a particularly cold and snowy one.

October also marks the official start to cold and flu season. With all of the focus on COVID vaccination nationwide, we don't want to forget that seniors are still at risk for the flu beginning at this time of year. We are partnering with the Chatham Health District for Flu Shot Clinics, open to those ages 18 and up. They do have the high dose shot, as recommended for those ages 65 and over. We've also been receiving many questions about booster shots for the COVID vaccine. Although we do not have any information to share yet, you know you can count on the Colchester Senior Center to give you the information you need to know about where you can access one easily and conveniently, once approved as necessary.

Health and safety seem to go hand-in-hand. For those of you who drive, you may want to register for the AARP Smart Driving Course, which teaches techniques for defensive driving—which seems to be more and more important, as people are more interested in the electronics in their hands than keeping their eyes on the road. This 4 hour class will be held via Zoom on Wednesday, October 13th.

October will also be a time for food, festivities and fun at CSC. We have many opportunities to socialize with friends and enjoy yourself this month. CSC members are traveling once again, with a sold out trip departing on the 20th; we have an Oktoberfest Special Event Luncheon planned that same day (lederhosen optional); a Harvest Delight Dessert Buffet for anyone with a penchant for pumpkin spice; a Leaf Peeping excursion on our bus; and a Halloween Costume Pizza Party, with games and prizes. You won't want to miss the AARP-sponsored Meet the Candidates Forum (this year, held via Zoom), with candidates running for the office of First Selectman and vying for seats on the Board of Selectmen, Board of Finance, and Board of Education. They'll be answering questions and sharing their platforms and ideas for the community.

These are just a few ways that the Colchester Senior Center is trying to help keep our community healthy, safe, well-informed and FUN! Come join us—there really is something for everyone.

Warmly,

Patty

PROGRAMS

CARD MAKING WORKSHOP

**Friday, October 1
10:00 a.m.**

Join talented CSC member Barbara Gozzo for this fall themed card making workshop. There is a material fee of \$5 per person. Registration deadline is September 24th.

GARDEN CLUB **Monday, October 4 8:30 a.m.**

The group will meet on the first Monday of every month at the senior center to maintain the front and side gardens. Everyone is welcome. Rain date October 18th.

NEW TO MEDICARE **Tuesday, October 5 10:00 a.m.**

Join Senior Resources for a conversation about Medicare. This session will be held over Zoom or Conference Call. Registration is required.

MEDICARE SAVINGS & LOW INCOME SUBSIDY PROGRAM **Wednesday, October 6 10:00 a.m.**

This free presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging. You will learn how to make Medicare Premiums and prescription drugs more affordable. This session will be held over Zoom or Conference Call. Registration is required.

**CSC will be closed
on October 11th for
Columbus Day**

AARP SAFE DRIVER CLASS

**Wednesday, October 13
10:00 a.m.**

Taking this class could make you eligible for a discount on your insurance. The deadline to register for the first Zoom class is September 30th. To register, please email your name, mailing address, phone number, and AARP number to bbleveille@gmail.com. The cost for the 4 hour course is \$20 for AARP members and \$25 for non-members.

REEL FRIENDS MOVIE CLUB **Wednesday, October 13 12:30 p.m.**

The film for October is "Respect" (2021, PG-13), a biopic about Aretha Franklin starring Jennifer Hudson.

PET THERAPY **Thursday, October 14 10:00 a.m.**

We invite our dog-loving members to come and get a little TLC from "Stitch", a certified therapy dog, with her owner and Colchester's First Selectman, Mary Bylone.

SHOPPING TRIP **Thursday, October 14 10:30 a.m. Departure**

This month's monthly shopping trip will be to the Manchester Wal-Mart. Suggested donation is \$5.00. Space is limited. Please pre-register by calling the senior center office at 860-537-3911.

BOOK CLUB DISCUSSION **Tuesday, October 19 10:30 a.m.**

This month's book selection is *This Tender Land* by William Kent Krueger. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively and interesting discussion.

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LUNCH BUNCH TO LOCO PERRO **Friday, October 22 11:30 a.m.**

This month the Lunch Bunch will be going to Loco Perro in East Hampton. Space for this trip is limited so be sure to sign up early. The suggested donation is \$4.00 for bus transportation.

FAMILY FEUD **Monday, October 25 1:00 p.m.**

Survey says: it's time to play Family Feud! The hilarious TV gameshow is making its way to the Colchester Senior Center. Two teams will face off against each other to try to guess the most popular answers to questions. The game is free, pre-registration is required.

STEP BY STEP PAINTING: WHIMSICAL FALL TREE **Tuesday, October 26 10:00 a.m.**

This month we will be painting a "Whimsical Fall Tree" done in acrylic paint. There is a materials fee of \$15 for this class, or bring your own paint and canvas and join for free! Registration is required.

IN THE KNOW **Tuesday, October 26 12:30 p.m.**

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips and answers your questions.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN **Wednesday, October 27 1:00 p.m.**

Join Mary Bylone, the First Selectman of Colchester to engage in meaningful dialogue about the goings-on in Colchester at this informative monthly forum.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN WITH RUTH This beginner's course will show you the basic of American Sign Language (ASL). Leader: Ruth Reinwald	MONDAYS 11:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting.	WEDNESDAYS 8:30 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
SIT & BE FIT VIDEO Beginner level chair exercises that focus on all areas of the body.	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich	WEDNESDAYS 1:30 P.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	THURSDAYS 1:00 P.M.	CSC	NO FEE
CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming winter concerts at local rehab facilities.	FRIDAYS 10:30 A.M.	CSC	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

FITNESS CARDS FOR EXERCISE CLASSES

Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. We will keep track of the amount of classes through attendance and notify you when you need a new card. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415 attn: Ruth Reinwald.

SPECIAL INTEREST GROUPS

BRIDGE	1 st & 3 rd Mondays at 12:30 p.m.
MAH JONGG	Mondays at 12:30 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
REEL FRIENDS	2nd Wednesday at 12:30 p.m.
MOVIE CLUB	
MEXICAN TRAIN	Thursdays at 12:30 p.m.
DOMINOES	
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE	Thursdays, beginning at 12:00 (by appointment only)
CHORAL GROUP	Fridays at 10:30 a.m.

EVENING PROGRAMS

Wednesday, October 5 at 5:30 p.m.

AARP: Food Historian Lecture:
America's Most Iconic Desserts

Wednesday, October 6 at 4:30 p.m.

Ultimate Bingo

Thursday, October 7 at 6:30 p.m.

AARP: The History of Fashion

Friday, October 8 at 8:00 p.m.

AARP Movies for Grownups Screening:
"The Capote Tapes"

Wednesday, October 20 at 7:00 p.m.

AARP: Wildlife Conservation & More with
Connecticut's Beardsley Zoo

Wednesday, October 28 at 7:00 p.m.

AARP: My Mshuge Mother:
The Yiddish Storyteller

For more virtual evening programs please visit states.aarp.org/connecticut/events-ct. Links for registration can be found in the monthly Zoom Links Table. Call the senior center for more information or assistance.

TRANSPORTATION SERVICES

Bus Transportation is available for seniors living in Colchester. We provide transportation services Monday through Friday to and from the Colchester Senior Center, local and out-of-town medical appointments, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them. See our CSC Policies and Procedures Manual for additional Information.

We require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. All rides are on a first-come-first served basis. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be dropped off or mailed into the Colchester Senior Center office at: CSC 95 Norwich Ave. Colchester, CT 06415.

REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. Please make checks payable to "Colchester Senior Center" or "CSC". Payment is required at the time of sign up, unless otherwise stated in the newsletter. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment at any time at 860-537-3911.

HEALTH & WELLNESS

HEARING SCREENINGS

Friday, October 1 at 10:00 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Schedule your free hearing screening by calling the senior center at 860-537-3911.

BLOOD PRESSURE CLINIC

Tuesday, October 5 at 9:15 a.m.

Victoria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings. Please call the office at 860-537-3911 to schedule your appointment.

FOOT CLINIC

**Wednesday, October 6
at 1:30 p.m., by appointment**

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

FLU SHOT CLINIC

**Thursday, October 28
3:00-4:00 p.m.**

This community-wide clinic will be held at the Colchester Federated Church. Please call the senior center to reserve a high-dose shot (recommended for those 65 and over) at 860-537-3911.

MAKING MEMORIES

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment. **The schedule will be as follows: Mondays 9:00a.m.-12:00 p.m., Tuesdays 9:00a.m.-12:00p.m., and Wednesdays 9:00a.m.-12:00p.m.**

This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

OCTOBER IS FIRE SAFETY MONTH

SMOKING

- Careless smoking is the number one cause of death among Americans 65 years and older! If you smoke, use large ashtrays and don't smoke when tired or after taking medications or beverages that make you sleepy or drowsy.

COOKING

- Never leave your stove unattended and be sure to wear tight-fitting or short sleeves when cooking. If you have a pan fire, do not use water—smother it with a lid. Use timers to assist you during the cooking cycle. Try to schedule cooking before you have taken medications that might adversely affect you. Keep curtains, oven mitts, potholders and towels away from the stove.

SMOKE DETECTORS

- Remember—smoke alarms save lives! Have one in each room and test them monthly using a broom handle. Change batteries annually (when you change the clocks is a good reminder!).

ESCAPE PLAN

- Have and practice an emergency escape plan. When you get out, stay out!

**Colchester Hayward
Volunteer Fire Department**



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, October 12
12:30 p.m.- 3:30 p.m.**

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

RENTERS REBATE

Ends on October 1st

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

ENERGY ASSISTANCE

September to May

Energy Assistance is offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN OCTOBER

COMMISSION ON AGING

**Tuesday, October 12
8:30 a.m.**

CSC STAFF MEETING

**Wednesday, October 13
2:30 p.m.**

SENIOR CENTER

BUILDING COMMITTEE

**Tuesday, October 12 & 26
7:00 p.m.**

Zoom links to join Committee or Board Meetings are posted on the Town website at: www.colchesterct.gov

DINING OPTIONS

DINING OPTIONS

Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.

COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

MEALS ON WHEELS DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.



VOLUNTEER OPPORTUNITIES

Looking for ways to stay busy through retirement? Put your many skills to good use with a volunteer opportunity at the CSC:

Meals on Wheels Driver: Must have own transportation. Different days/routes available. Call Valerie at 860-537-3911.

Choral Group Leader: Ideal candidate will have some music knowledge and ability to lead a group.

Save the Date

VETERANS DAY APPLE PIE SOCIAL

Tuesday, November 9

11:00 a.m.

Join us for a time to honor our country's Veterans. Those who have served in any branch of the military and their spouses will get a free slice warm apple pie a la mode after a brief Veteran's Day ceremony. All are welcome to join, with a \$2.00 ticket for the refreshments. More information will be available in the November newsletter.

A THANKFUL THANKSGIVING AT CSC

Wednesday, November 17

11:00 a.m.

Though we've all had a tough couple of years, there is plenty still to be thankful for. Let's celebrate all that we have at our Thankful Thanksgiving Celebration. Ralph Sacco will be providing entertainment followed by a delicious Thanksgiving feast with all the trimmings. More information will be available in the November Newsletter and sign-ups will begin in November.



HOLIDAY CRAFT FAIR 2021

Due to several factors, including the uncertainty of the COVID pandemic and the recent increase in positive cases, our reliance on many senior volunteers for this event and an upcoming staff leave, we are unable to hold the annual Holiday Fair & Open House this November. We share your disappointment and are making plans to bring the fair back in 2022.

**Proposed NEW Senior Center
Referendum date has been
postponed as we await news on
potential funding from the State!**

DAY TRIPS

SOLD OUT VAN GOGH-THE IMMERSIVE

EXPERIENCE & QUINCY MARKET



Wednesday, November 17, 8:00 a.m.

Have you ever dreamt of stepping into a painting? Take an awe-inspiring journey into the incomparable universe of Van Gogh, one of the greatest artistic geniuses of the 19th century. Explore his life and his work as never before through a cutting-edge 360 degree digital projections in this one-of-a-kind experience. Time in Quincy Market for shopping and dining (lunch not provided). **Cost is \$112 p.p.**

SOLD OUT NEWPORT PLAYHOUSE



Thursday, December 9, 9:30 a.m.

Come see the World Premiere of this hilarious Christmas Comedy. During the holiday season, Carol tends to take Christmas too far with decorations, presents and overbearing traditions that not everyone appreciates in the office. Her co-workers love Carol, but this time of year, she gets on everyone's last nerve! With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of the season? Lunch served before the show at the staff served buffet, reserved seats for the show and even a Cabaret Show. **Cost is \$129 p.p.**

WRIGHT'S CHICKEN FARM & TWIN RIVER

CASINO



Thursday, March 24, 2022, 10:15 a.m.

Winner, winner, chicken dinner! Enjoy a family-style lunch at a Rhode Island favorite - Wright's Chicken Farm. Serving up home cooked baked chicken, pasta with their own sauce, signature French Fries, & Salad with their family recipe dressing. Spend the afternoon at Twin River Casino with over 4,000 slot machines and live table games. **Cost is \$92 per person.**

NEW NEW YORK BOTANICAL GARDENS

Wednesday, April 20, 7:00 a.m.



The day will start in Little Italy and exploring Arthur Ave. From there you will make your way to Ann & Tony's Restaurant for lunch where you will have a choice of Chicken Marsala, Veal Parmigiana, or Eggplant Parmigiana with salad, dessert and coffee or tea. Then you will make your way to the Botanical Gardens and explore over 50 diverse gardens and plant collections that are located throughout the 250 acres. You will have plenty of time to see exhibits that stay in place throughout the year, as well as those that are brought in for a specific season. **Cost is \$129 p.p.**

OVERNIGHT TRIPS

SPOTLIGHT ON NEW ORLEANS



April 24-28, 2022

A captivating jewel on the shores on the Mississippi River, New Orleans' French Quarter is the heartbeat of a magnificent city. Every year, visitors descend on this vibrant city, ripe with art galleries, antique stores, jazz clubs, and restaurants. In the brick buildings with their walled-in courtyards and ornate cast-iron balconies, Spanish, French, Creole and American influences integrate seamlessly along cobblestone streets. This fantastic 5 day trip will feature 4 breakfasts and two dinners. Sign up by October 24th and save \$150. **The cost of the trip is \$1,999 p.p. double occupancy before October 24.**

CANADIAN ROCKIES



GLACIER NATIONAL PARK

June 18-24, 2022

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. **The cost of the trip is \$3,279 p.p. double occupancy before December 18.**



= Light Walking



= Moderate Walking



= Mostly Walking

TRIPS DEPARTING THIS MONTH:

Autumn Harvest Bistro Train--Newport, RI

Wednesday, October 20th

departing at 9:00 a.m.

All trips depart from the rear parking lot of St. Andrew's Church at 128 Norwich Ave. Please park in the far rear lot, so we don't interfere with church activities. The bus will pick up back there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021


					10:00 Sit & Be Fit 10:00 Hearing Screening 10:00 Card Making Workshop 10:30 Choral Group 11:00 Yoga 1:30 Bingo	
	3 8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge	4 9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 10:00 New to Medicare Program (Z or CC) 12:30 Pinochle 1:30 Bingo 6:30 AARP "America's Most Iconic Desserts"	5 8:30 Walking Group 9:00 Making Memories 10:00 MSP & LIS Program (Z or CC) 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing 1:30 Foot Clinic 4:30 Ultimate Bingo	6 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 6:30 AARP The History of Fashion	7 10:00 Sit & Be Fit 10:30 NO Choral Group 10:30 Bingo 11:00 Yoga 1:00 Harvest Delight Dessert Buffet 8:00 AARP Movie: "The Capote Tapes"	
	10 CSC Closed for Columbus Day Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)	11 8:30 COA Meeting (Z) 9:00 Making Memories 9:45 Tai Chi 12:30-3:30 CHOICES appt. 12:30 Pinochle NO Bingo 1:30 AARP Meet the Candidates Forum (Z) 7:00 SCBC Meeting (Z)	12 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 AARP Driver Safety (Z) 12:30 Reel Friends Movie Club "Respect" PG-13 1:30 Line Dancing 2:30 CSC Staff Meeting	13 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Pet Therapy 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	14 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	
	17 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Cake Decorating 1:30 Presentation for Dublin Village	18 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	19 8:30 Walking Group 9:00 Making Memories 9:00 Bistro Train Departs 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Oktoberfest Special Event Luncheon 1:30 Line Dancing 7:00 AARP Wildlife	20 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	21 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch departs to Loco Perro 1:30 Bingo	
	24 9:00 Making Memories 9:00 Exercise w/Anne(Z) 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge in Hebron 1:00 Family Feud 1:30 Presentation for Ponemah Village	25 9:00 Making Memories 9:45 Tai Chi 10:00 Step-by-Step Painting 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	26 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Community Conv. w/ the First Selectman 1:30 Line Dancing	27 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Leaf Peeping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 3:00-4:00 Flu Shot Clinic at Colchester Federated Church 7:00 AARP Yiddish Storyteller	28 10:00 Sit & Be Fit NO Choral Group 11:00 Yoga 11:00 Halloween Pizza Party & Costume Contest 1:30 Bingo	
	<div>  <div> <h2>Colchester Senior Center</h2> <p>Page 9</p> </div>  </div>					

Key: Z= On Zoom CC= Conference Call All other programs are in person

*Scheduled programs are subject to change



TVCCA SENIOR CAFÉ MENU ~ OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.			1 Braised Beef Tips Mashed Potatoes Peas & Carrots Applesauce Cup
4 Crispy Cod Macaroni & Cheese Peas & Pearl Onions Pineapple Tidbits	5 <u>Birthday Celebration</u> Pork Taco Bowl Roasted Garlic Rice Mixed Vegetables Medley Birthday Sweet Grape Juice	6 Cheese Manicotti w/ Marinara Broccoli Carrot Coins Diced Peaches	7 Salisbury Steak w/ Gravy Herb Roasted Potatoes Green & Waxed Beans Mandarin Oranges	8 Stuffed Chicken w/ Broccoli & Cheese Glazed Sweet Potatoes Zucchini Fresh Fruit
11 <u>Columbus Day Holiday</u> <i>Program closed</i> 	12 Meatballs Marinara Penne Pasta Green & Waxed Beans Fresh Orange	13 <u>Ethnic Celebration</u> Chicken Fajita w/ Cheddar Cheese Spanish Rice Mixed Vegetables Medley Sweet Treat Grape Juice	14 Pork Sausage & Gravy Tater Tots Zucchini & Yellow Squash Pineapple Tidbits	15 Cod w/ Herbs & Tomatoes Rice Pilaf Broccoli Diced Pears
18 Swedish Meatballs Egg Noodles Green & Yellow Squash Fresh Orange	19 Stuffed Cod w/ Shellfish Herb Roasted Potatoes Broccoli Mixed Fruit Cup	20 <u>Oktoberfest Special Luncheon</u> Bratwurst with Sauerkraut German Potato Salad Braised Red Cabbage Dinner Roll w/ Butter Warm Pumpkin Donuts Apple Juice Ticket Cost: \$8.00	21 Cheese Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Tropical Fruit Cup	22 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Sweet Treat Orange Juice
25 Chicken Cacciatore Farfalle Pasta w/ Marinara Green & Waxed Beans Sweet Treat Apple Juice	26 Stuffed Pepper Casserole Peas Carrot Coins Pineapple Tidbits	27 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Broccoli Fresh Fruit	28 Pork Stir-Fry Steamed Rice Oriental Vegetable Blend Mandarin Oranges	29 <u>Halloween Pizza Party</u> Assorted Pizza Garden Salad with Dressing Can of Soda or Bottled Water Halloween Dessert Ticket Cost \$7.00